

Healthy Bites



Information To Improve Your Selection and Use Of Foods In Your Home



Boost Brain Power with Breakfast






Volume VI

Educators and parents alike recognize the importance of providing students with a good education. A basic tool that can be used to ensure better learning for all (K-12) students is as close as the kitchen table: *breakfast*. Data gathered by many states (including Michigan) report a significant improvement of test scores and overall academics, declines in tardiness and decreases in suspensions as a result of eating a healthy breakfast. For students who eat breakfast, good nutrition pays off in positive student alertness and behavior.

In this era of fast food and donut shops, researchers point to the connection between good nutrition and education. The long-term benefit cannot be overstated, especially with so many children being overweight and inactive.

Almost any foods can be eaten for breakfast, as long as nutrients are the focus. Fruits and vegetables are important, as are low-fat milk, dairy foods, unsweetened cereals and breads. Fruit juices should be 100 percent juice. Ready-to-eat breakfast foods should only be used occasionally; also, note the amount of fat in these convenient meals. Here are some quick and easy ideas for breakfast. Plan to enjoy a great day with a healthy start from these choices. Ready, set, breakfast!!



-  Banana Dog -Peanut butter, banana, raisins in a wheat hotdog bun.
-  Breakfast Taco - Soft corn tortilla topped with shredded cheese, fold in half and microwave 10 to 15 seconds, top with salsa.
-  Cottage cheese or yogurt with fruit, serve with whole grain crackers.
-  Grilled cheese sandwich or melted cheese on toast with apple slices.
-  Leftovers like pizza or macaroni and cheese.

Source: kidshealth.org

KIDS SMART CHALLENGE

CHECK YOUR LABEL

Save the nutrition labels from the different foods you eat and drink. Look at the different nutrients that each serving provides. Nutrients are necessary for growth and maintaining protein, vitamins, carbohydrates and minerals.

Source: FDA, Eating for a Healthy Heart

Nutrition Facts

Serving Size 1 (148g/5.3oz)

Amount Per Serving

Calories 100 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Potassium 720mg 21%

Total Carbohydrate 26g 9%

Dietary Fiber 3g 12%

Sugars 3g

Protein 4g

Vitamin A 0% • Vitamin C 45%

Calcium 2% • Iron 6%

Thiamin 8% • Riboflavin 2%

Niacin 8% • Vitamin B₆ 10%

Folate 6% • Phosphorous 6%

Zinc 2% • Magnesium 6%

*Percent Daily Values are based on a 2,000 calorie diet.

APPLE OATMEAL

Ingredients:

1 c. water
1/2 c. rolled oats
dash of salt
1/4 c. applesauce
pinch of cinnamon
2 tsp. brown sugar

Nutrition Facts:

Serves: 1

Calories: 270

Total Fat: 3 g

Fiber: 2 g

Calcium 11 mg

Protein 7 g

Carbs 57 g

Cholesterol 0 mg

Sodium 8 mg

Iron 2.2 mg



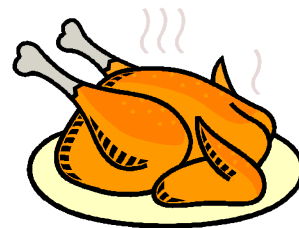
Directions: Pour the water, oats and salt into a medium-size pot on the stovetop. Heat the mixture until it boils, then turn the heat to low. Stir in the applesauce and cinnamon. Cook on low heat and continue to stir the mixture for five minutes. Pour the oatmeal into a bowl and sprinkle with brown sugar. Cool for a minute. Enjoy.

Source: EAT5to9ADAY

Jingle Bells, Something Smells!

As the cold days of January set in, you peer into the refrigerator to find holiday leftovers still hanging around. The pantry also still holds food gifts. Now comes the question. Are they still safe to eat?

Leftover holiday meats: Traditional items, like a fully-cooked holiday ham, are only safe to keep for one week. If you thought ahead and froze some of it, you can keep it frozen and thaw under refrigeration within two months. The roasted holiday bird, whether turkey, chicken or goose, is only safe under refrigeration for three to four days. If you froze some pieces in gravy or broth, use them within six months after thawing under refrigeration. The bottom line is that the holiday meats should not be camping out in your refrigerator for weeks!



Other leftover holiday dishes: Mashed potatoes, stuffing, cooked vegetables, mixed salads, pies (containing eggs or milk) and homemade soups should be refrigerated immediately and consumed within five days. If the items spent time out on the buffet table, consuming them within three days is best. If they were out on a buffet table at room temperature for more than two hours, *they should not be eaten* and should be discarded!

Gift basket items: Those attractive baskets of gourmet foods look great and make great gifts. Here are some popular gift foods and the length of time that they are safe to keep:

- ♦ Hard cheese (cheddar, swiss): six months unopened in the refrigerator, three to four weeks opened.
- ♦ Soft cheese (brie, bel paese): one week in the refrigerator.
Note: Hard and soft cheese can be frozen for six months.
- ♦ Hard sausage/pepperoni/beef sticks: two to three weeks in the refrigerator, one to two months in the freezer.
- ♦ Dried fruits: six months unopened in the pantry or stored in the refrigerator.
- ♦ Jams, jellies, preserves: 12 months unopened in pantry, six months in the refrigerator after opening.



Follow these guidelines and keep your family safe from foodborne illness this winter!

Source: www.fooddomain.msu.edu

WORD WISE

Nutrient

A nourishing ingredient in a food.

Proteins, carbohydrates, fats, vitamins and minerals. These are provided by food and are necessary for growth and maintenance of life.



Source: Produce for Better Health Foundation

Check our Web site:

macombcountymi.gov/msuextension

- Calendar of upcoming programs,
- Program descriptions,
- Volunteer opportunities,
- Past Healthy Bites issues and more!



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MSU Extension - Food and Nutrition

21885 Dunham Road, Suite 12

Clinton Township, Michigan 48036

Phone: 586-469-6432